

## **CREDITABLE AND NON-CREDITABLE FOODS**

### **(For use with Food Based Meal Patterns)**

When planning meals, be sure that the foods used to meet meal pattern requirements are creditable. While the foods below do not count toward meeting the meal pattern requirements, they can be served in addition to the required components of a reimbursable meal. Any of these foods served should be included in the menu production records.

#### **COMMERCIALLY PREPARED MAIN DISHES**

These foods must have a CN label in order to count toward the meal pattern:

- Canned or Frozen Cheese Sauce
- Canned Ravioli
- Frozen Entrees such as Lasagna, Stuffed Shells, etc.
- Frozen Pizza

#### **CANNED SOUPS**

Canned soups count toward the meal pattern requirements only under certain conditions:

- Vegetable-based soups, such as tomato, vegetarian vegetable, vegetable beef, etc. count toward the Vegetable/Fruit component
- A one-cup serving of vegetable-based soup is equivalent to  $\frac{1}{4}$  cup of the Vegetable/Fruit component.
- None of the meat or poultry-based soups (such as chicken noodle, beef barley, etc.) count toward the Meat/Meat Alternate component.

#### **CANNED AND FROZEN JUICES**

For fruit and vegetable juices to count toward the Vegetable/Fruit component, be sure it is 100 percent juice or it has a CN label telling you how the juice can be credited. If you buy a fruit "nectar," "drink," "cocktail," or "-ade" you are not buying full strength, 100 percent juice.

#### **OTHER FOODS**

These foods do not count toward meal pattern requirements. They may, however, be offered as part of a meal.

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|--------------------|--|
| • Bacon            | • Mayonnaise                             |
| • Bacon Bits       | • Pepperoni                              |
| • Butter/Margarine | • Popcorn                                |
| • Chili Sauce      | • Popsicles                              |
| • Coconut          | • Potato Chips                           |
| • Cream            | • Puddings (canned or prepared from mix) |
| • Cream Cheese     | • Relish                                 |
| • Frozen Yogurt    | • Salad Dressings                        |
| • Ice Cream        | • Taco Sauce                             |
| • Ice Cream Cones  | • Tofu                                   |
| • Jams, Jellies    |  |
| • Jell-O           |  |
| • Ketchup          |  |

**NOTE:** Commercially prepared plain or flavored yogurt is now creditable as a meat alternate for the Food Based Meal Pattern.

4 oz. (1/2 cup) = 1 oz. Meat/Meat Alternate

#### **REMEMBER THAT...**

**Potatoes** are a **vegetable** (not a Grains/Bread item)

**Rice** is a **Grains/Bread item** (not a vegetable)

**PLEASE NOTE:** If you are using Nutrient Standard Menu Planning (NSMP), any of the foods listed above can be planned and served as a menu item in a reimbursable meal (i.e., as an entrée or part of an entrée or as a side dish). When served, these foods must be included in the nutrient analysis of the meal.